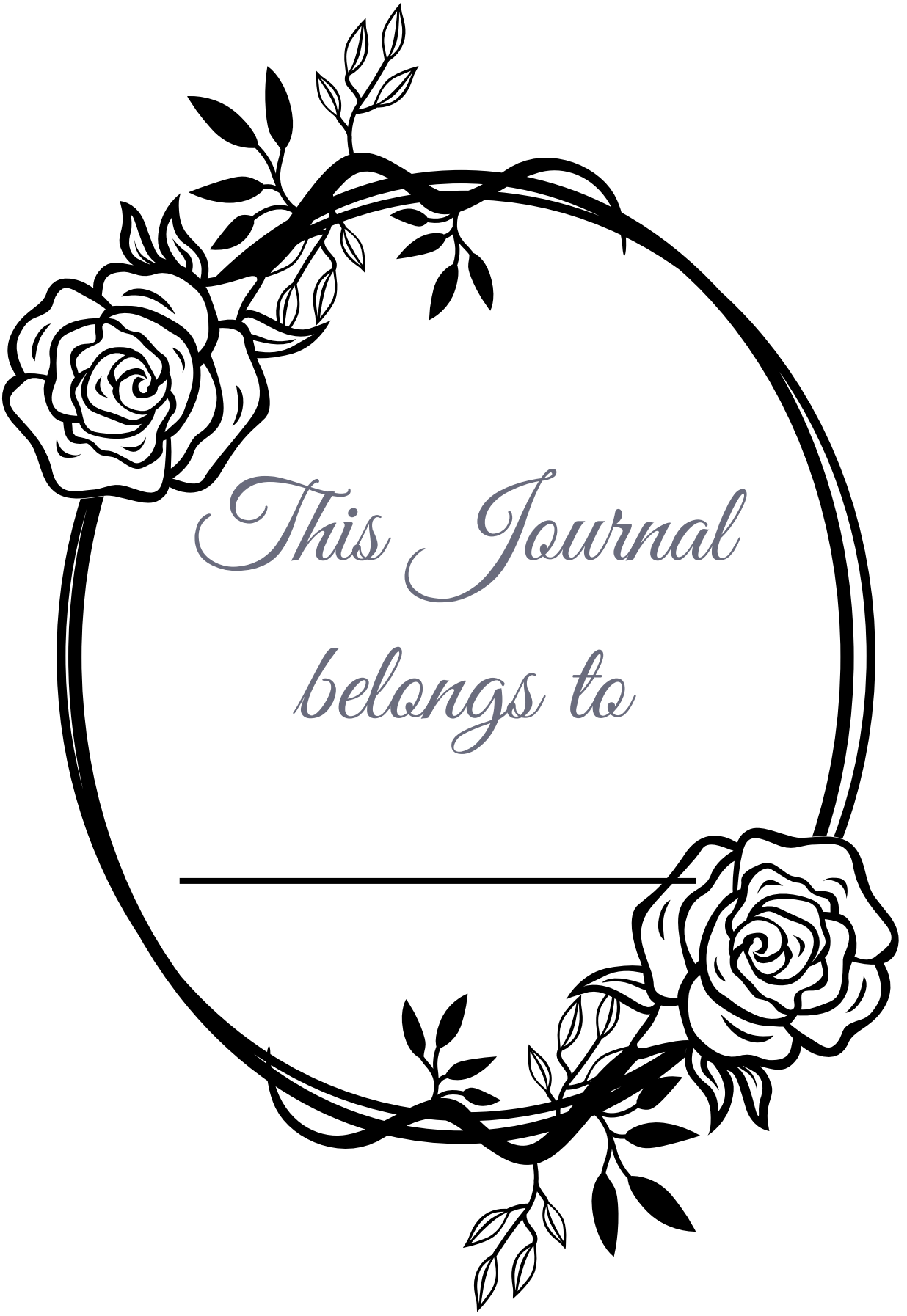
52 WEEK SCRIPTURE

Prayer Journal

Relaxation and Peace for Burdened, Weary and Overwhelmed Souls

Winnifred Gold


This Journal
belongs to

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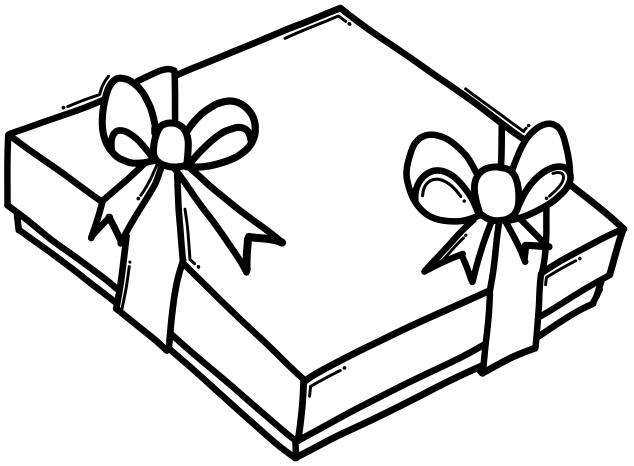
We are excited to offer our readers a complimentary e-booklet of activity sheets.

This booklet includes word puzzles, guided reflections, and coloring pages with inspirational scriptures.

To claim your e-booklet, all you have to do is send an email to info@soulspress.com with the subject line "welcome gift" We will send the e-booklet by email.

We believe that these activities will be a great way for you to engage with the Word of God and reflect on His teachings in a fun and interactive way. Don't miss out on this opportunity and claim your booklet today!



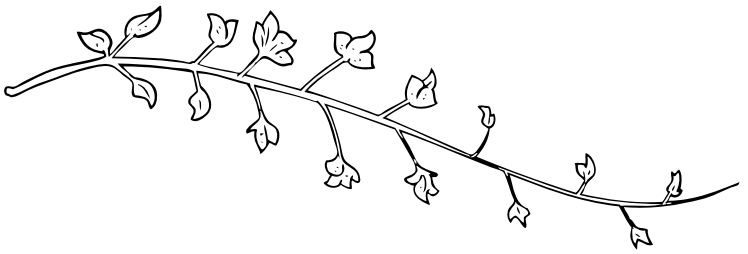
A Hearty Prayer for Strength and Healing from the Author

Dear Heavenly Father,

We come before you today with grateful hearts. Thank you for your love and your presence in our lives. You are the creator and sustainer of all things.

We also come to you with burdened souls. We know that life can be difficult and that we are often met with challenges that test our faith and leave us feeling lost and alone.

But we know that you are always with us and that you hear our prayers. We pray that you would console and soothe our weariness and anxiety. We ask that you would heal our sorrows and teach us how to live a life that brings glory to your name.



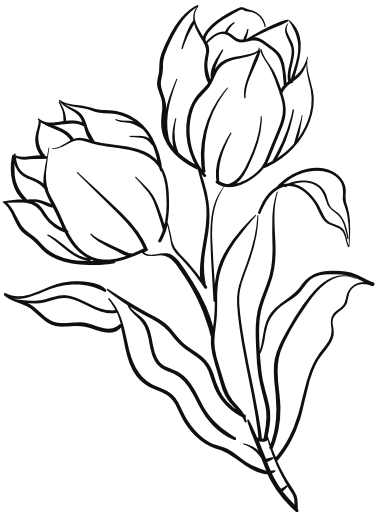
We know that your love is boundless and that you have a plan for each and every one of us. We ask that you would fill us with your Holy Spirit, giving us the strength and guidance we need to stand strong in the face of adversity.

We pray for physical and emotional healing, for healthy spirits and bodies. We pray for wisdom, for the strength to make the right choices and for the courage to follow through on them.

We know that with you, all things are possible. We trust in your love and your plan for our lives. And we wish everyone who reads this prayer be blessed by their faith.

We pray all this in Jesus' name.

Amen.

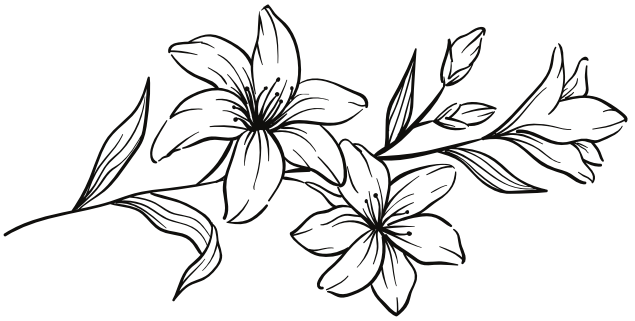


Message from the Author

As we navigate through life, we all encounter challenges and difficulties that can test our faith and leave us feeling lost and alone. Over the past few years, I too have faced my fair share of trials, from job insecurity to health issues and family struggles. But through it all, one thing has remained constant - the power of prayer.

As a member of my church community, I have also witnessed the struggles of some fellow brothers and sisters. I have seen friends go through the unimaginable pain of losing loved ones, and others grappling with, physical, emotional, financial, or personal hardships. But in the midst of all of this, I have also seen the power of prayer and faith at work.

Through these experiences, I have come to realize the importance of having a dedicated space to focus on our prayers and our relationship with God. That is why I am developing a series of prayer journals - to provide a tool for people like my friends and I, who need a little extra help staying connected to God and finding peace in difficult times.



Each journal will be filled with inspiring scripture passages and prompts to help guide your prayers and reflections. There will be space for you to write down your own thoughts and feelings, as well as room for you to document your own personal prayer journey. I hope these journals will serve as a reminder that you are never alone and that God is always with you, guiding you through even the darkest days.

Knowing that life can be tough and that sometimes it can feel like the weight of the world is on our shoulders. But I also know that with faith and the power of prayer, we can get through anything.

How to use this journal

1. First, establish a daily routine for prayer by setting aside a specific time each day. Developing a consistent habit of prayer is crucial for maintaining a meaningful connection with God. Find a quiet and peaceful location where you can focus on your conversation with Him without any distractions.
2. Prepare both your journal and your Bible. Begin by reading the designated scripture for the week in your journal, allowing its message to deeply resonate with you. Take your time to slowly and contemplatively read the scripture, allowing the words to fully penetrate your heart and mind. For context, also refer to the verses before and after the quoted scripture in your Bible.
3. Reflect on the passage and how it applies to your life, and write down any thoughts or insights that come to you during this time of reflection.
4. Writing down your prayers and reflections can be useful because it allows you to keep track of your spiritual growth and progress over time, and it also provides a tangible reminder of the things you've been praying for.

Week 1 - Date: _____

Matthew 11: 28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Reflection

- Reflect on the imagery of the "yoke" and "burden" in this passage. How does Jesus' offer to "take upon himself" the yoke and burden of his followers relate to the struggles and difficulties of our daily lives?
- Think about how Jesus' promise of "rest" for those who come to him relates to your own life. Are there areas where you feel burdened and in need of rest? How can you apply this passage to your own spiritual journey?
- Reflect on the phrase "learn from me". What does it mean to learn from Jesus? How can you incorporate his teachings and example into your own life?

Prayer

Matthew 11: 28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Count your blessings

Count your many blessings and write them down.

Week 2 - Date: _____

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

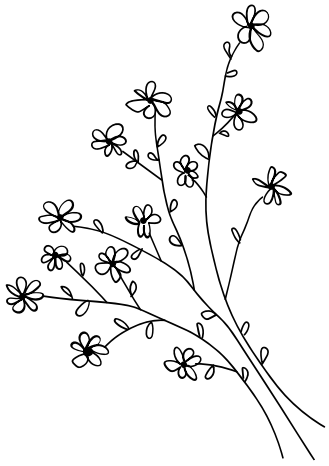
Reflection

- Consider the idea that Jesus is the source of eternal life, as stated in John 4:18, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that Jesus offers deeper satisfaction and fulfillment than anything else, as stated in John 4:18, and commit to seeking Him as the source of your satisfaction.
- Take a moment to reflect on the importance of having a personal relationship with Jesus and the fulfillment He can provide. Ask for the grace to approach Him with confidence and to trust in His offer of living water.

Prayer

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

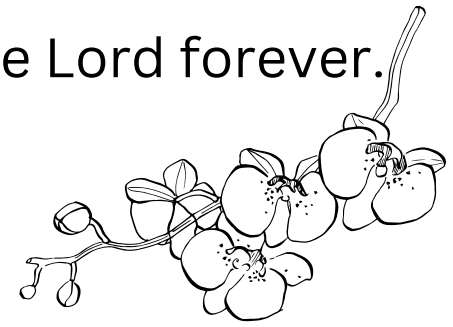


Notes

Week 3 - Date: _____

Psalm 23

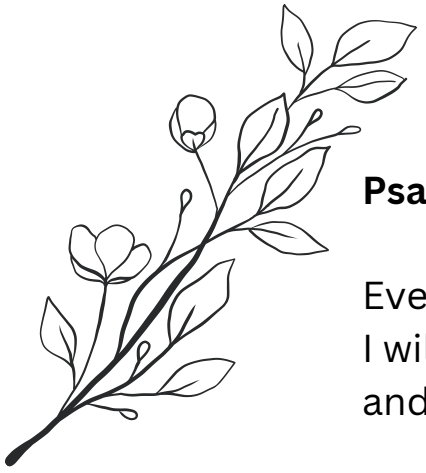
The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the Lord forever.



Reflection

- Reflect on the imagery of "the valley of the shadow of death" in this passage. How does it relate to the fears and struggles of our daily lives? How does the presence of the Lord bring comfort and protection in these moments?
- Consider the phrase "He is with me" and reflect on the meaning of God's presence in your life. How does it impact the way you face challenges and difficult situations?
- Think about the phrase "His rod and his staff, they comfort me." How does the image of the shepherd's rod and staff relate to the way God guides and protects us in our journey of faith?

Prayer



Psalm 23:4

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Week 4 - Date: _____

Matthew 10: 19-20

But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, for it will not be you speaking, but the Spirit of your Father speaking through you.

Reflection

- Reflect on the message of Jesus reassuring his disciples that they will be given the words and wisdom they need to say under difficult situations as stated in Matthew 10:19-20.
- Consider the idea that Jesus will be with us always, as stated in Matthew 10:20, and reflect on how this truth can bring comfort and reassurance in difficult times.
- Take a moment to reflect on the importance of following Jesus and trusting in His promises of guidance and presence. Ask for the grace to be courageous in the face of persecution and to rely on Jesus' presence and guidance in everything.

Prayer

Matthew 10: 19-20

But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, for it will not be you speaking, but the Spirit of your Father speaking through you."

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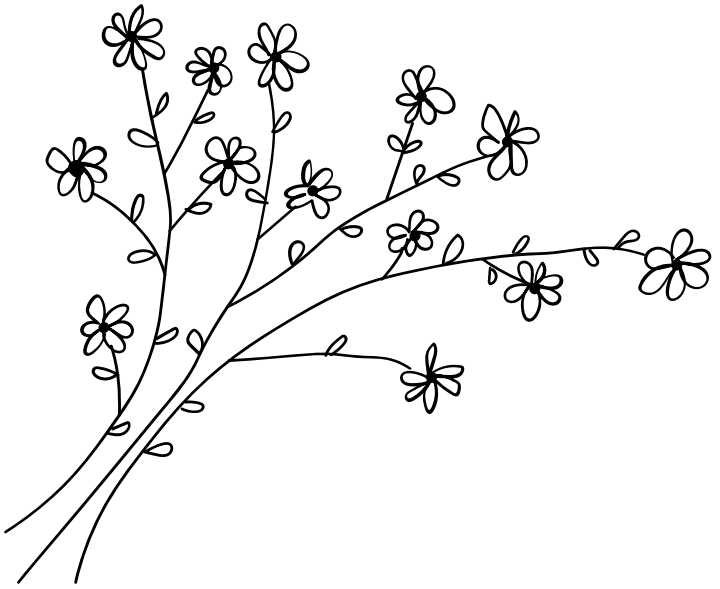

Week 5 - Date: _____

1 Timothy 6:6-9

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.

Reflection

- Take time to understand the message of contentment and the warning against the love of money.
- Take time to meditate on the verses and their message, allowing them to penetrate your thoughts and guide your actions.
- Make an effort to memorize 1 Timothy 6:6-9, and recite it throughout the day as a reminder to live according to its teachings, and reflect on how you can apply this verse in your daily life.
- How can the scripture be applied under different situations? Deepen your own understanding and devotion to the scripture, and spend time to think deep and reflect.

Prayer

1 Timothy 6:6-9

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.

Count your blessings

Cherish the blessings and be grateful to God for them.

Week 6 - Date: _____

Philippians 4: 12-13

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Reflection

- Consider the phrase "I can do all things through Christ who strengthens me." How can you apply this verse to your own life? How can you trust in the power of Christ to strengthen you in difficult times?
- Think about the word "all" in the phrase "I can do all things." What does this verse say about the limits of human abilities and the power of Christ?
- Reflect on the word "strengthens" in the phrase "Christ who strengthens me." How does this relate to the idea of being strengthened by Christ in daily life? How can you rely on Christ's strength in your daily struggles and challenges?

Prayer

Philippians 4: 12-13

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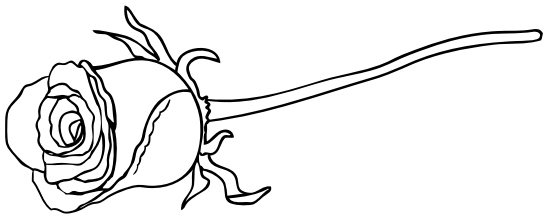
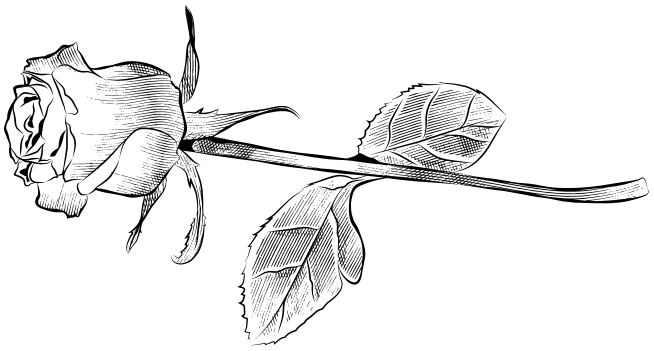
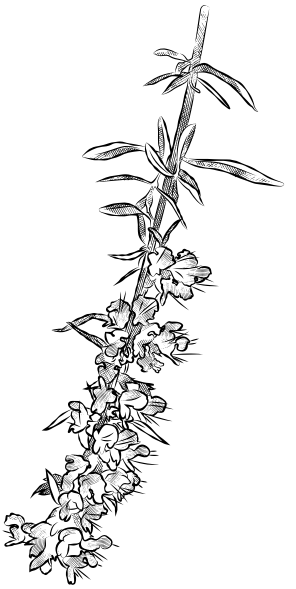




Week 7 - Date: _____

Isaiah 41:10



So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Reflection

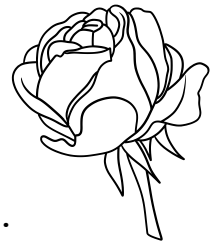
- Consider the phrase "Do not fear, for I am with you; do not be dismayed, for I am your God." How can you apply this verse to your own life? How can this verse give you comfort and reassurance in difficult times?
- Think about the phrase "I will strengthen you and help you." How does this relate to the idea of God's provision and protection in your life? How can you trust in God's strength and help in your daily struggles and challenges?
- Reflect on the phrase "I will uphold you with my righteous right hand." How does this verse give you hope and reassurance in the face of adversity? How can you hold on to this promise in your own life?

Prayer

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

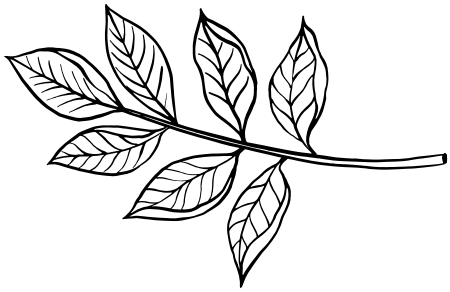
Count your blessings



Recognize and appreciate the grace in your life.

Week 8 - Date: _____

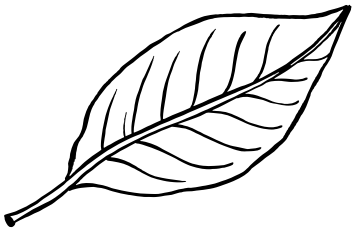
Psalm 34:4

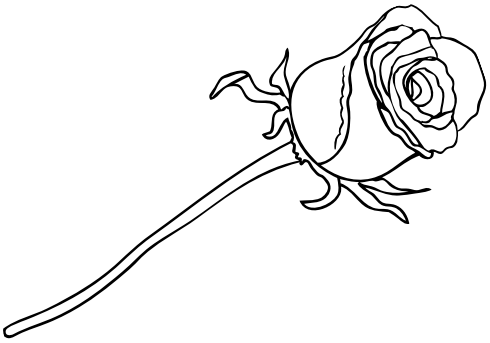


I sought the Lord, and he answered me; he delivered me from all my fears.

Reflection

- Consider the phrase "I sought the Lord, and he answered me." How can you apply this verse to your own life? How can you seek the Lord and trust in his answers to your prayers?
- Think about the phrase "he delivered me from all my fears." How does this relate to the idea of God's protection and deliverance in your life? How can you trust in God's ability to deliver you from your fears?
- Reflect on the phrase "Those who look to him are radiant." How does this verse give you hope and encouragement to seek the Lord in your daily life? How can you strive to have a radiant look that reflects your trust in God?





Prayer

Psalm 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.

Notes

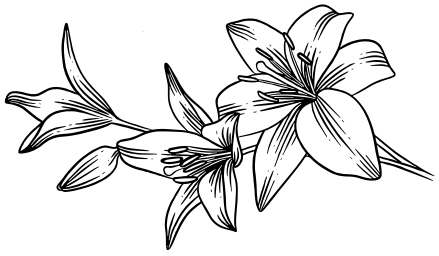
Week 9 - Date: _____

Psalm 94:19

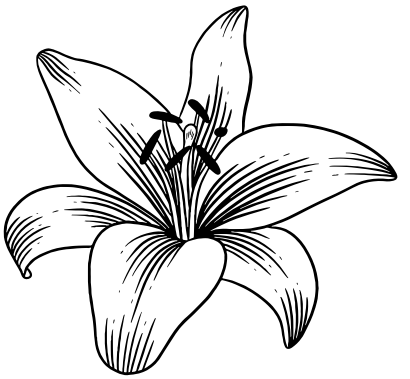
When anxiety was great within me,
your consolation brought me joy.

Reflection

- Reflect on the context of the book of Psalms, many of the Psalms are expressions of trust in God, even in difficult times. How does verse 19 fit into this overall theme?
- Consider the phrase "When anxiety was great within me." How does this verse relate to your own experiences of anxiety? How can you apply this verse to your own struggles with anxiety?
- Reflect on the word "great" in the phrase "When anxiety was great within me." How does this verse speak to the intensity of anxiety and the power of God's consolation in the face of it?



Prayer



Psalm 94:19

When anxiety was great within me, your consolation brought me joy.

Count your blessings

Counting your blessings is not only about being thankful for what you have, but also about recognizing and acknowledging the hand of God in your life.

Week 10 - Date: _____

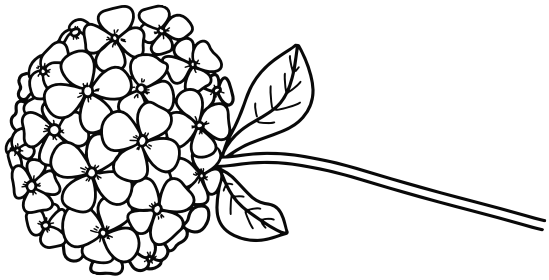
Matthew 6:25-34

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Reflection

- Reflect on the context of the book of Matthew, where Jesus teaches on the importance of having the right relationship with God and not being anxious about everyday life.
- Consider the phrase "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear." How can you apply this verse to your own life and the worries you may have?
- Reflect on the phrase "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." How can this verse give you perspective on the worries and anxieties you may have about the future and encourage you to focus on the present?

Prayer



Matthew 6:25-34

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

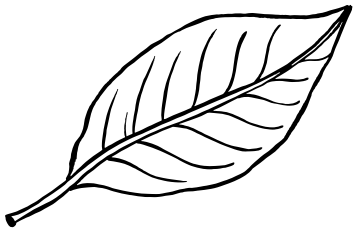
Week 11 - Date: _____

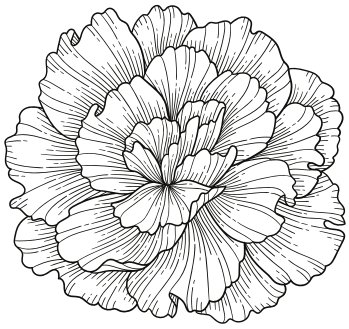
Psalm 73:26

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Reflection

- Consider the phrase "My flesh and my heart may fail, but God is the strength of my heart and my portion forever." How does this verse relate to your own experiences of weakness and the need for strength? How do you apply this verse to your own struggles?
- Think about the phrase "God is the strength of my heart." How does your trust in God's strength sustain you in difficult times?
- Reflect on the phrase "my portion forever." How does this verse give you hope and reassurance for the future? Learn to hold on to this promise in your own life.





Prayer

Psalm 73:26

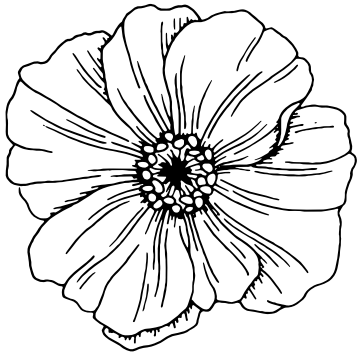
My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Count your blessings

Acknowledge the blessings in your life, both big and small.

Week 12 - Date: _____

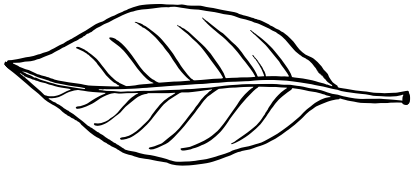
Psalm 147:3



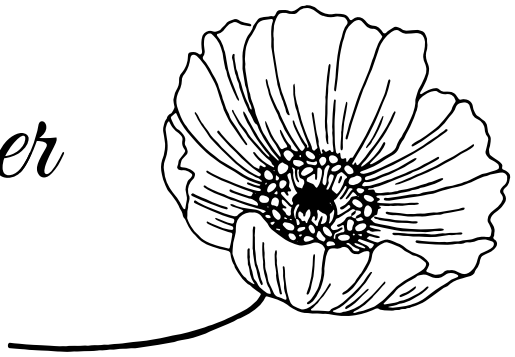
He heals the brokenhearted and binds up their wounds.

Reflection

- Consider the phrase "He heals the brokenhearted and binds up their wounds." How can you apply this verse to your own life and the wounds you may have? Would you trust in God's ability to heal and comfort you?
- Think about the phrase "He determines the number of the stars and calls them each by name." How does this verse speak to the power of God? Would you trust in God's control and provision for your life?
- Reflect on the phrase "Great is our Lord and mighty in power; his understanding has no limit." This verse gives you hope and reassurance in the face of difficult times. How would you hold on to this promise in your own life?

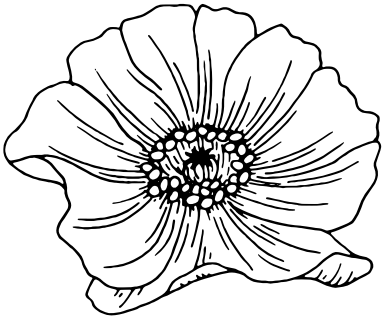


Prayer



Psalm 147:3

He heals the brokenhearted and binds up their wounds.



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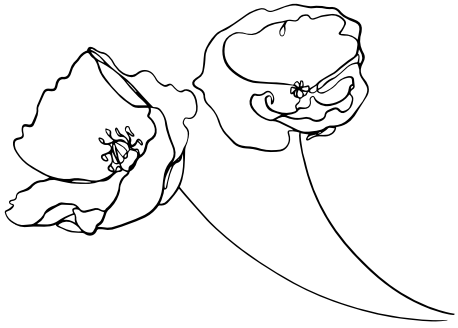
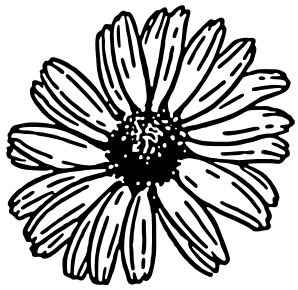


Week 13 - Date: _____



Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

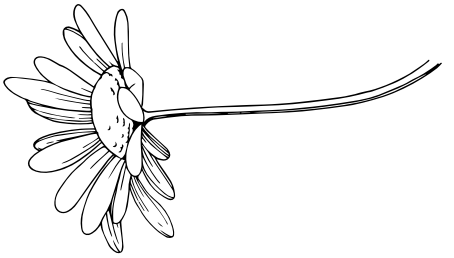
Reflection

- Consider the idea that the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus, as stated in Philippians 4:7, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that God is in control, and that He is more than able to handle our anxieties and worries, as stated in Philippians 4:6-7, and commit to giving your anxieties to God instead of carrying them on your own.
- Take a moment to reflect on the importance of trusting in God and to rely on Him in all circumstances, and to cast your anxieties on Him. Ask for the grace to develop a deeper trust in God and to lean on Him in times of need.

Prayer

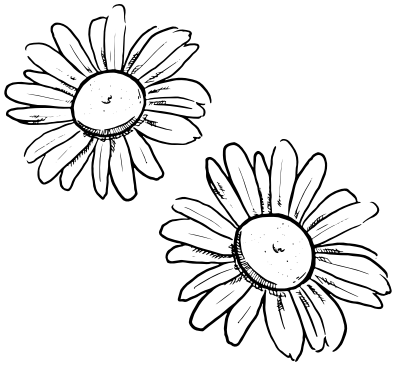
Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Count your blessings

Cherish the blessings and be grateful to God for them.



Week 14 - Date: _____

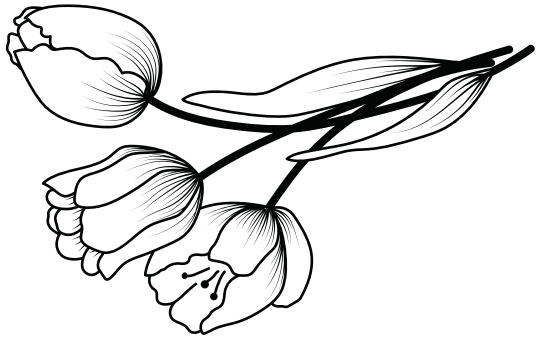
2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Reflection

- Reflect on the context of the book of 2 Corinthians, where Paul writes about his own struggles and the power of God's grace.
- Consider the phrase "But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” How can you apply this verse to your own life and the struggles you may be facing?
- Think about the phrase "Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me." Meditate on how can you trust in God's power to be made perfect in your own weaknesses.
- Reflect on the phrase "so that Christ’s power may rest on me." How does this verse give you hope and reassurance in the face of difficulty and challenges?

Prayer



2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Notes

Week 15 - Date: _____

Psalm 46:1

God is our refuge and strength, an ever-present help in trouble.

Reflection

- Consider the phrase "God is our refuge and strength, an ever-present help in trouble." How can you apply this verse to your own life and the troubles you may face?
- Think about the phrase "Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea." How does this verse speak to the power of God's protection and reassurance in difficult times?
- Reflect on the phrase "There is a river whose streams make glad the city of God, the holy place where the Most High dwells." How does this verse give you hope and encouragement to trust in God's presence and provision?

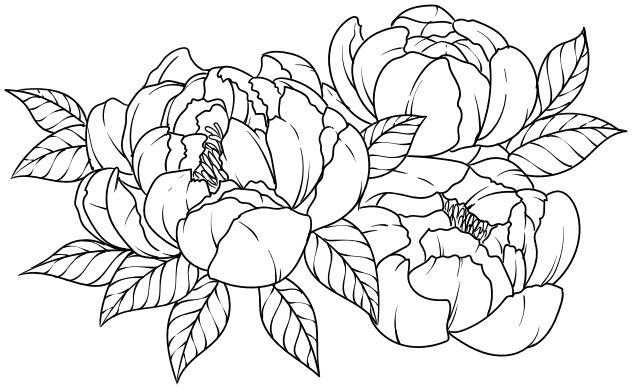
Prayer

Psalm 46:1

God is our refuge and strength, an ever-present help in trouble.

Count your blessings

Take note of God's provision in your life.



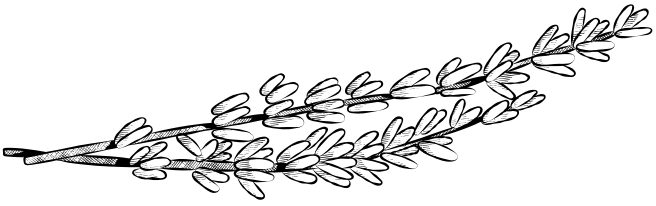
Week 16 - Date: _____

Psalm 126:5

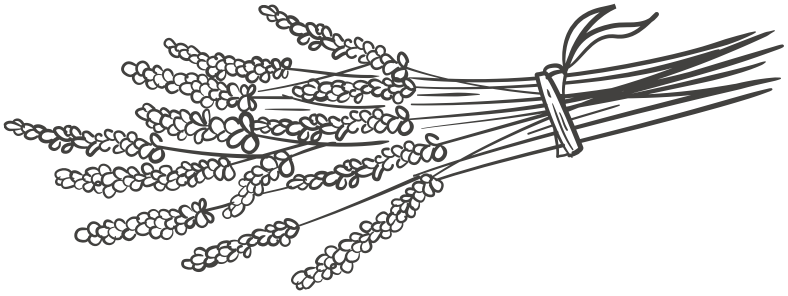
Those who sow in tears will reap with songs of joy.

Reflection

- Consider the phrase "Those who sow in tears will reap with songs of joy." How can you apply this verse to your own life and the struggles you may be facing?
- Think about the phrase "he who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him." How does this verse speak to the idea of God's provision and promise of abundance after a time of hardship?
- Reflect on the phrase "Those who sow in tears will reap with songs of joy." How does this verse give you hope and reassurance in the face of difficulty and challenges? How can you hold on to this promise and trust in God's provision for you?



Prayer



Psalm 126:5

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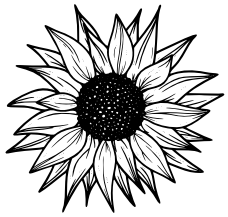
Notes

Week 17 - Date: _____



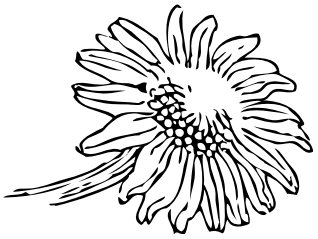
Romans 8: 35-39

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Reflection

- Reflect on the message of nothing being able to separate us from the love of God as stated in Romans 8:35-39, and give thanks for the way in which God's love sustains us in all circumstances.
- Consider the idea that God's love is greater than any problem we face, as stated in Romans 8:35-39, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that God is working everything together for our good, as stated in Romans 8:28 and that He will bring us to eternal glory, as stated in Romans 8:38-39, and commit to trusting in His love and plan for our lives.
- Take a moment to reflect on the importance of having faith in God's love and His plan for our lives, even when things are difficult. Ask for the grace to trust in God's love and to rely on His power to bring us to eternal glory.

Prayer



Romans 8: 35-39

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Week 18 - Date: _____

Isaiah 41:13

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Reflection

- Consider the phrase "For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you." Meditate and trust in God's promise to hold your hand and help you through your fears.
- Think about the phrase "Do not be afraid, you worm Jacob, you men of Israel; I will help you," this verse speaks to God's compassion and reassurance towards the people, despite their weakness and smallness. How can you trust in God's help and reassurance in your own life, even if you feel small or insignificant?
- Reflect on the phrase "I am the Lord, your Redeemer, the Holy One of Israel, your king." How does this verse give you hope and reassurance in the face of difficulty and challenges?

Prayer

Isaiah 41:13

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Notes

Week 19 - Date: _____

Matthew 14:29-33

"Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

Reflection

- Reflect on the message of Jesus calming the storm, and the disciples' fears and worries as stated in Matthew 14:29-33, and give thanks for the way in which He brings peace and security in times of trouble.
- Consider the idea that Jesus is in control, even in the midst of the storm, as stated in Matthew 14:29-33, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that Jesus is able to calm the storms of life, as stated in Matthew 14:29-33, and commit to trusting in Him and His power in all circumstances.
- Take a moment to reflect on the importance of having faith in Jesus, even in the midst of difficult circumstances. Ask for the grace to trust in Jesus in all circumstances, and to rely on His power to calm the storms in your life.

Prayer

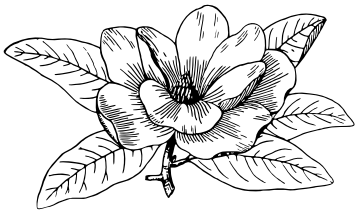
Matthew 14:29-33

“Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?” And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

Week 20 - Date: _____

Isaiah 43:1-2

But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.



Reflection

- Consider the phrase "But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine." How can you apply this verse to your own life and the fears or doubts you may have?
- Think about the phrase "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you." How does this verse speak to the idea of God's protection and presence during difficult times? Would you trust in God's protection and presence during your own struggles?
- Reflect and meditate on the phrase "When you walk through the fire, you will not be burned; the flames will not set you ablaze.

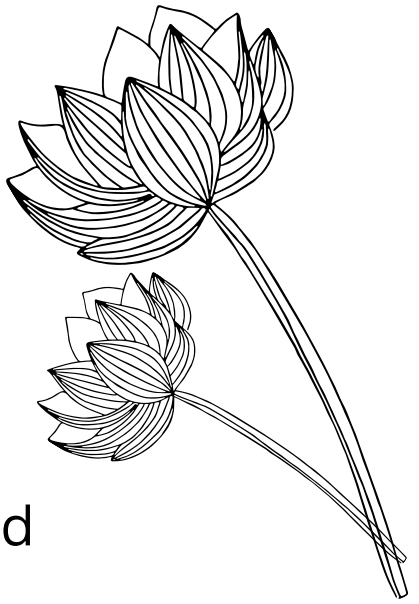
Prayer

Isaiah 43:1-2

But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Week 21 - Date: _____

Roman 12: 12-14



Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse.

Reflection

- Consider the idea that rejoicing in hope, being patient in affliction, and being persistent in prayer as stated in Romans 12:12, will help us to persevere in difficult times and to be transformed by the renewing of our minds as stated in Romans 12:2.
- Remind yourself that God's power is made perfect in our weakness, as stated in Romans 12:9, and commit to relying on His strength and grace in difficult times.
- Take a moment to reflect on the importance of having a positive attitude and to rely on God's strength and grace in difficult times. Ask for the grace to persevere in difficult times, to be transformed by the renewing of our minds, and to be joyful in hope, patient in affliction, and faithful in prayer.

Prayer

Roman 12: 12-14

Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse.

Count your blessings

Recognize and appreciate the grace in your life.

Week 22 - Date: _____

Psalm 34:19-20

The righteous person may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken.

Reflection

- Consider the phrase "The Lord will rescue his servants; no one who takes refuge in him will be condemned." How can you apply this verse to your own life and the struggles you may be facing? Would you trust in God's promise to rescue and protect those who take refuge in him?
- Think about the phrase "The righteous person may have many troubles, but the Lord delivers him out of them all." How does this verse speak to the idea of God's deliverance and provision for those who are righteous?
- Reflect on the phrase "Many are the afflictions of the righteous, but the Lord delivers him out of them all." How does this verse give you hope and reassurance in the face of difficulty and challenges?

Prayer

Psalm 34:19-20

The righteous person may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken.

Notes

Week 23 - Date: _____

Psalm 34:6

This poor man cried, and the Lord heard him, and saved him out of all his troubles.

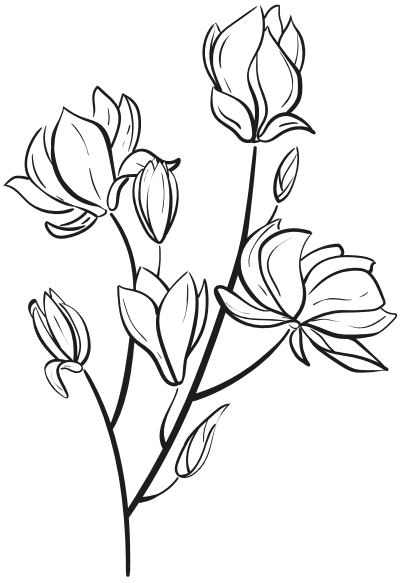
Reflection

- Consider the phrase "This poor man called, and the Lord heard him; he saved him out of all his troubles." How can you apply this verse to your own life and the struggles you may be facing? How can you trust in God's ability to hear and save you from your troubles?
- Think about the phrase "The angel of the Lord encamps around those who fear him, and he delivers them." How does this verse speak to the idea of God's protection and provision for those who fear him?
- Reflect on the phrase "Taste and see that the Lord is good; blessed is the one who takes refuge in him." How does this verse give you hope and reassurance in the face of difficulty and challenges? How would you hold on to this promise and trust in God's goodness and provision for you?

Prayer

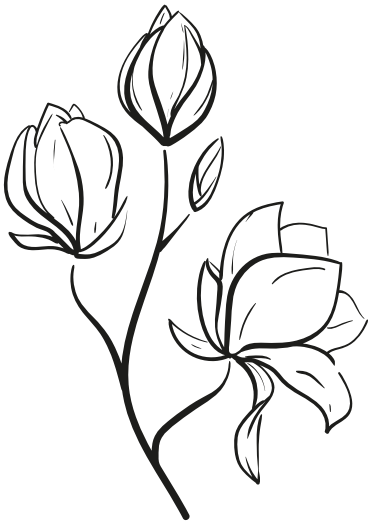
Psalm 34:6

This poor man cried, and the Lord heard him, and saved him out of all his troubles.



Count your blessings

Take note of God's provision in your life.



Week 24 - Date: _____

Psalm 34:8

Taste and see that the Lord is good; blessed is the man who takes refuge in him.

Reflection

- Reflect on the context of the book of Psalms, where many of the Psalms are expressions of trust, worship, and gratitude towards God. How does verse 8 fit into this overall theme?
- Consider the phrase "Taste and see that the Lord is good; blessed is the one who takes refuge in him." How can you trust in God's goodness and provision for you?
- Think about the phrase "The Lord is close to the brokenhearted and saves those who are crushed in spirit." Would you trust in God's closeness and comfort during difficult times?
- Reflect on the phrase "Many are the afflictions of the righteous, but the Lord delivers him out of them all." How does this verse give you hope and reassurance in the face of difficulty and challenges?

Prayer

Psalm 34:8

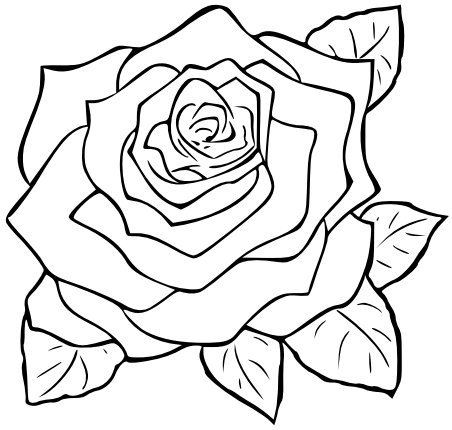
Taste and see that the Lord is good; blessed is the man who takes refuge in him.

Notes

Week 25 - Date: _____

Psalm 34:17-18

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.



Reflection

- Consider the phrase "The righteous person may have many troubles, but the Lord delivers him out of them all." How can you apply this verse to your own life and the struggles you may be facing? Would you trust in God to get you through all your troubles?
- Think about the phrase "The Lord is close to the brokenhearted and saves those who are crushed in spirit." How does this verse speak to the idea of God's compassion and nearness to those who are suffering? H
- Reflect on the phrase "The Lord is close to the brokenhearted and saves those who are crushed in spirit." How does this verse give you hope and reassurance in the face of difficulty and challenges?

Prayer

Psalm 34:17-18

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.

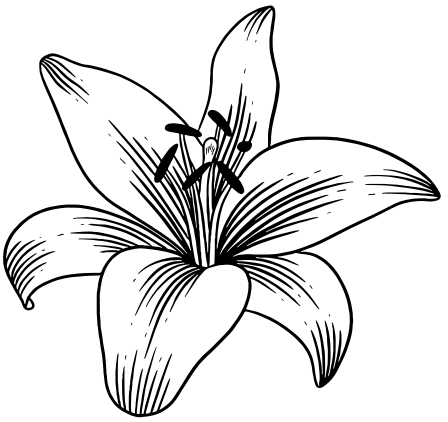
Count your blessings

Cherish the blessings and be grateful to God for them.

Week 26 - Date: _____

Psalm 34:7

The angel of the Lord encamps around those who fear him, and he delivers them.



Reflection

- Consider the phrase "The angel of the Lord encamps around those who fear him, and he delivers them." How can you trust in God's protection and provision through His angels?
- Consider the promises and blessings that come with seeking and trusting in God.
- Think about how turning to God in times of trouble can bring peace and protection.
- Reflect on the importance of praise and gratitude towards God in all circumstances.

Prayer

Psalm 34:7

The angel of the Lord encamps around those who fear him, and he delivers them.

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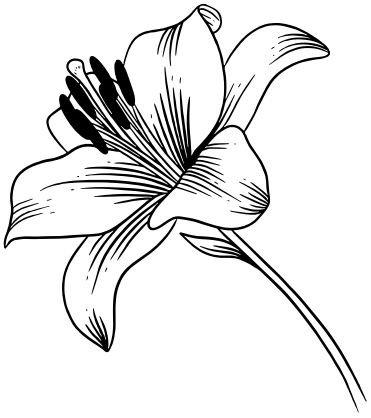


Week 27 - Date: _____

Psalm 34:10-11

The lions may grow weak and hungry, but those who seek the Lord lack no good thing.
Come, my children, listen to me; I will teach you the fear of the Lord.

Reflection

- Reflect on the phrase "The lions may grow weak and hungry, but those who seek the Lord lack no good thing." How does this verse give you hope and reassurance in the face of difficulty and challenges? God has promised for provision for your needs, even in times of scarcity.
- Consider the word "seek" in this verse, what does it mean to seek the Lord? How can you actively seek God in your daily life and trust in His provision for you?
- Think about the phrase "Come, children, listen to me; I will teach you the fear of the Lord." How does this verse speak to the idea of learning to trust and reverence God?

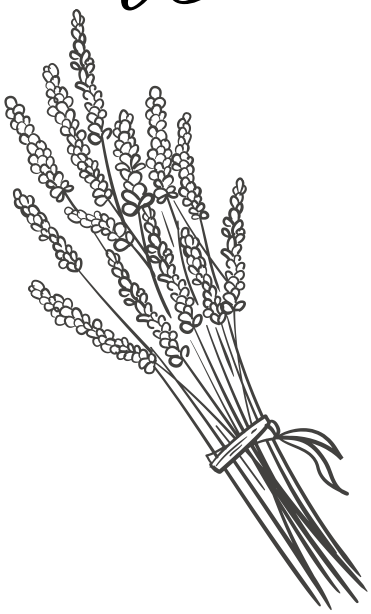
Prayer

Psalm 34:10-11
The lions may grow weak and hungry, but those who seek the Lord lack no good thing.
Come, my children, listen to me; I will teach you the fear of the Lord.

Count your blessings

Acknowledge the blessings in your life, both big and small.

Week 28 - Date: _____



Psalm 34:14-15

Turn from evil and do good; seek peace and pursue it. The eyes of the Lord are on the righteous and his ears are attentive to their cry.

Reflection

- Consider the phrase "Turn from evil and do good; seek peace and pursue it." How can you apply this verse to your own life and the struggles you may be facing? How would you seek God's guidance and provision in your life when you turn away from evil and seek peace?
- Think about the phrase "The eyes of the Lord are on the righteous, and his ears are attentive to their cry." How does this verse speak to the idea of God's protection and provision for those who follow His guidance? Do you have the awareness to turn away from evil and seek peace?
- Reflect on the phrase "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Prayer

Psalm 34:14-15

Turn from evil and do good; seek peace and pursue it. The eyes of the Lord are on the righteous and his ears are attentive to their cry.

Notes

Week 29 - Date: _____

Roman 12: 19

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Reflection

- Reflect on the true meaning of Romans 12:19 and how it relates to your daily actions and decisions. Consider how you can apply this verse to your own life in order to live more in line with its teachings.
- Take time to meditate on the verse and its message, allowing it to penetrate your thoughts and guide your actions.
- Make an effort to memorize Romans 12:19, and recite it throughout the day as a reminder to live according to its teachings.
- Share the verse and its message with others, and discuss its significance and how it can be applied to different situations. This can help deepen your own understanding and devotion to the scripture.

Prayer

Roman 12: 19

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Count your blessings

Recognize and appreciate the grace in your life.

Week 30 - Date: _____

Psalm 37:39

The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.

Reflection

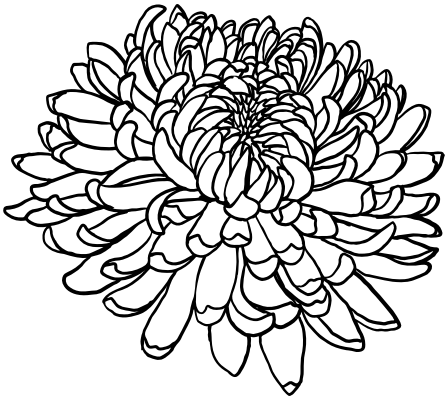
- Take a moment to reflect on the words of Psalm 37:39 and consider how they apply to your own life. This verse reminds us that the salvation of the Lord will keep us safe and secure, no matter what challenges we may face.
- Mediate on the words of Psalm 37:39 and allow them to sink deep into your heart. This can help to bring a sense of calm and peace to your soul as you trust in God's salvation and protection in your life.
- Speak the words of Psalm 37:39 out loud as a reminder of God's protection and salvation. Repeat them in my heart to bring a sense of calm and peace to your soul.

Prayer

Psalm 37:39

The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.

Notes



Week 31 - Date: _____

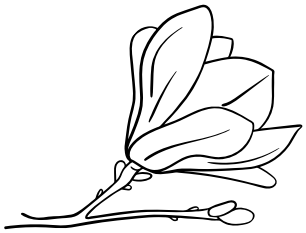
Isaiah 40:29-31

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Reflection

- Take a moment to reflect on the words of Isaiah 40:29-31, which remind us that God is all-powerful and ever-present. This can help to put our troubles in perspective and bring a sense of peace and calm to the soul.
- Repeat the words of Isaiah 40:29-31 as a reminder of God's strength and power, let the words sink in and comfort you.
- Practice mindfulness by being present at the moment and focusing on the peaceful, calming thoughts that the scripture brings, try to visualize the ideas and feelings it brings to you, this can help to bring a sense of calm and peace to your soul as you trust in God's power and presence in your life.

Prayer



Isaiah 40:29-31

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Count your blessings

Take note of God's provision in your life.

Week 32 - Date: _____

Psalm 55:22

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Reflection

- Psalm 55:22 reminds us that we can cast our cares upon the Lord and trust in His steadfast love and care for us. Reflect on this verse and how it applies to your own life and the troubles you may be facing.
- Take a moment to breathe deeply and focus on the present moment. This simple act can help to bring a sense of calm and tranquility to your soul.
- Practice gratitude by taking stock of the blessings in your life. This can help to shift your focus away from any troubles you may be facing and bring a sense of peace and contentment.
- Choose a scripture that touches you deeply. Mediate on God's words and feel a sense of calm and peace as you trust in God's love and care for you.

Prayer

Psalm 55:22

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

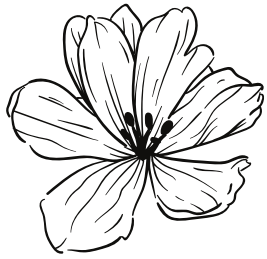
Count your blessings

Count your many blessings and write them down.

Week 33 - Date: _____

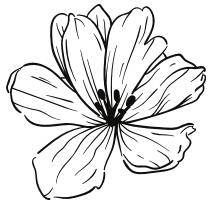
Psalm 91:1-2

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress; my God, in Him I will trust.



Reflection

- Psalm 91:1-2 reminds us of the protection and refuge that God provides. Take a moment to reflect on how these verses apply to your own life and the current situation you may be facing.
- Take a deep breath and focus on the present moment. Allow yourself to be fully present and mindful at this moment, and let go of worries and fears.
- Reflect on the imagery of the verses, Psalm 91:1-2 speaks of God being a fortress, a refuge, and a shield. Try to visualize it and allow the peaceful and secure feelings to wash over you.
- Set aside time for quiet reflection, meditating on Psalm 91:1-2 and allowing the words to sink deep into your heart. This can help to bring a sense of calm and peace as you trust in God's protection and refuge in your life.



Prayer

Psalm 91:1-2

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress; my God, in Him I will trust.

Notes

Week 34 - Date: _____

Psalm 91:14-16

Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.

Reflection

- Psalm 91:14-16 reminds us of the protection and deliverance that God provides. Take a moment to reflect on how these verses apply to your own life and the current situation you may be facing.
- Reflect on the imagery of the verses, Psalm 91:14-16 speaks of God holding us with His hand and covering us with His feathers and protecting us from the deadly pestilence. Try to visualize it and allow the peaceful and secure feelings to wash over you.
- Take a deep breath and focus on the present moment. Allow yourself to be fully present and mindful at this moment, and let go of worries and fears. Trust in God's protection.

Prayer

Psalm 91:14-16

Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.

Count your blessings

Give thanks for all the gifts God has given you.

Week 35 - Date: _____

Psalm 121:1-2

I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Reflection

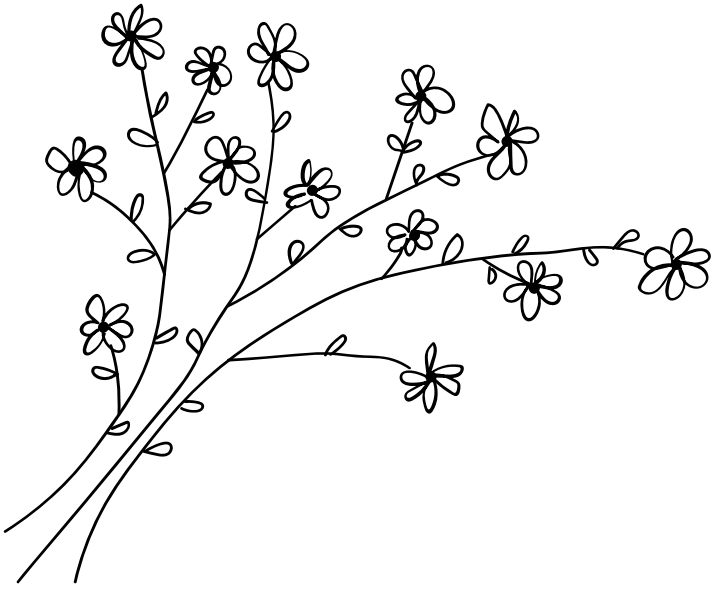
- Psalm 121:1-2 reminds us that our help comes from the Lord, the maker of heaven and earth. Reflect on this verse and how it applies to your own life and the current situation you may be facing.
- Reflect on the imagery of the verses, Psalm 121:1-2 speaks of the Lord as our protector, who neither slumbers nor sleeps, he watches over us. Try to visualize it and allow the peaceful and secure feelings to wash over you.
- Take a deep breath and focus on the present moment. Allow yourself to be fully present and mindful in this moment, and let go of worries and fears. Trust in the Lord's protection.

Prayer

Psalm 121:1-2

I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Notes



Week 36 - Date: _____

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Reflection

- Reflect on the message of peace that Jesus offers in John 14:27, and give thanks for the way in which He brings peace to our hearts and minds.
- Consider the idea that Jesus is the source of true peace, as stated in John 14:27, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that Jesus offers a peace that surpasses all understanding, as stated in John 14:27, and commit to seeking Him as the source of your peace.
- Take a moment to reflect on the importance of having a personal relationship with Jesus and the peace He can provide. Ask for the grace to approach Him with confidence and to trust in His promise of peace.

Prayer

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Count your blessings

Cherish the blessings and be grateful to God for them.

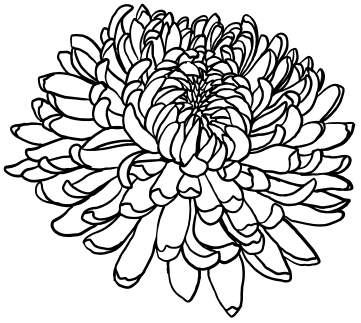
Week 37 - Date: _____

Isaiah 43:18-19

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

Reflection

- Isaiah 43:18-19 reminds us that God is the creator of all things, including the past and the future. Reflect on these verses and consider how they apply to your own life and the current situation you may be facing.
- Reflect on the imagery of the verses, Isaiah 43:18-19 speaks of God making a way in the wilderness and creating rivers in the desert, this can bring a sense of hope and the idea that God can bring unexpected solutions to difficult situations.
- Reflect on the promises in Isaiah 43:18-19 that God will make a new way for us, and forget the past, let this be a source of comfort and reassurance in times of uncertainty and stress.



Prayer

Isaiah 43:18-19

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

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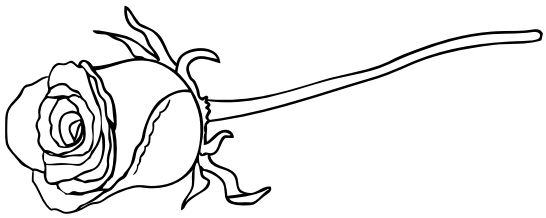


Week 38 - Date: _____

Isaiah 43:25

I, I am He who blots out your transgressions, for My own sake,
And I will not remember your sins.

Reflection

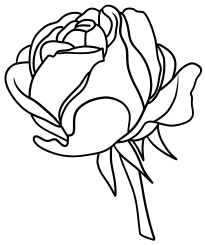
- Reflect on the imagery of the verse, Isaiah 43:25 speaks of God wiping out our transgressions and removing our sins as far as the east is from the west, this can bring a sense of release and freedom.
- Reflect on the promises in Isaiah 43:25 that God will forgive us and forget our sins, let this be a source of comfort and reassurance in times of guilt and regrets. Practice forgiveness towards yourself and let go of the past.
- Reflect on the power of God's forgiveness and how it brings healing and restoration to our lives, let this bring you a sense of hope and renewal.

Prayer

Isaiah 43:25

I, I am He who blots out your transgressions, for My own sake, And I will not remember your sins.

Count your blessings

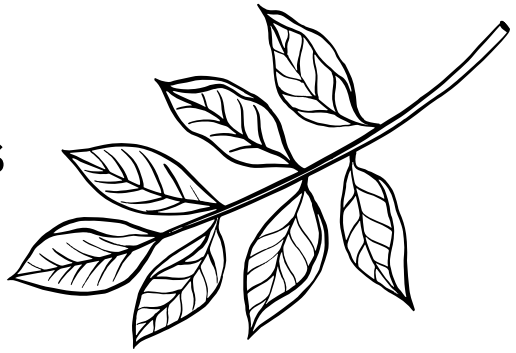


Recognize and appreciate the grace in your life.

Week 39 - Date: _____

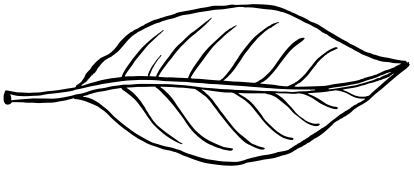
Isaiah 44:22

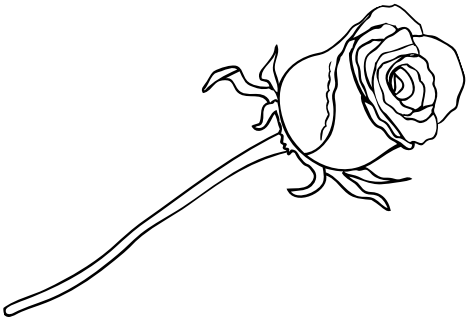
I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you.



Reflection

- Consider the power and might of God, as described in Isaiah 44:22, and reflect on how small and insignificant our own problems and worries can seem in comparison.
- Take a moment to give thanks for all the ways in which God has blessed and provided for you, and ask for guidance and strength as you continue to put your trust in Him.
- Remind yourself that God is the creator of all things, and that He is always in control, even in the face of difficult and uncertain times.
- Reflect on the importance of humility and surrendering our own will to God's, as stated in Isaiah 44:22, and commit to striving to do so more fully in your own life.





Prayer

Isaiah 44:22

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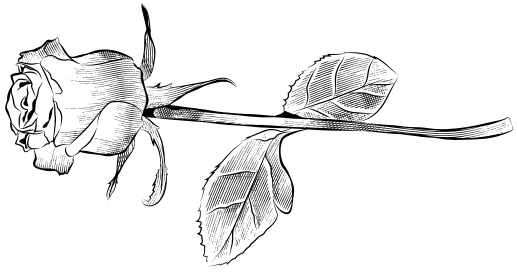


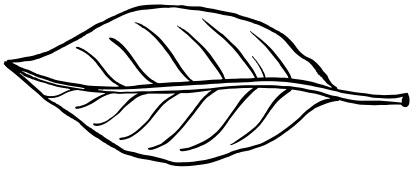
Week 40 - Date: _____

Isaiah 54:17

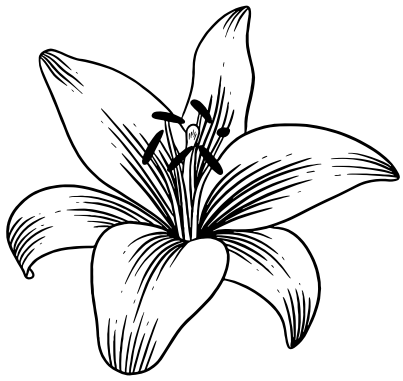
No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.

Reflection

- Reflect on the promise of protection and security in Isaiah 54:17, and consider how God has been your refuge and strength in the past. Give thanks for His faithfulness.
- Think about the ways in which fear or worry may be limiting you in your current circumstances and remind yourself that, as stated in Isaiah 54:17, God will never leave you or forsake you.
- Consider the idea that God is creating something new and beautiful, as stated in Isaiah 54:17, and reflect on the ways in which you can actively participate in this process of new creation in your own life.
- Remind yourself that God is a God of justice, as stated in Isaiah 54:17, and commit to standing up for what is right and fighting against injustice in your own sphere of influence.



Prayer



Isaiah 54:17

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.

Count your blessings

Counting your blessings is not only about being thankful for what you have, but also about recognizing and acknowledging the hand of God in your life.

Week 41 - Date: _____

Isaiah 61:1

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners

Reflection

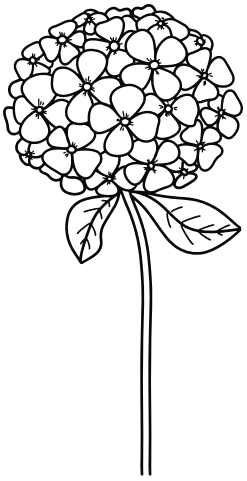
- Reflect on the message of hope and salvation in Isaiah 61:1, and give thanks for the ways in which God has brought healing and restoration to your own life.
- Consider the idea of being anointed by God, as stated in Isaiah 61:1, and reflect on the specific ways in which you believe God has called you to serve and bring His love and light to others.
- Remind yourself that God is a God of justice and righteousness, as stated in Isaiah 61:1, and commit to actively working towards justice and righteousness in your own life and community.
- Take a moment to reflect on the joy and beauty of God's presence, as stated in Isaiah 61:1, and ask for a deeper understanding and experience of His love for you.

Prayer

Isaiah 61:1

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners

Notes



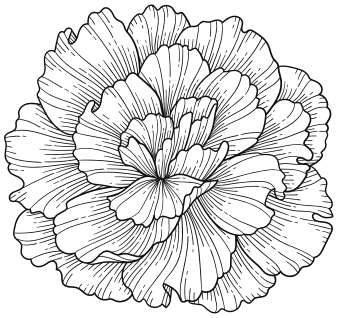
Week 42 - Date: _____

Isaiah 61:3

and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

Reflection

- Reflect on the message of spiritual and emotional healing in Isaiah 61:3, and give thanks for the ways in which God has brought healing and restoration to your own life.
- Consider the idea of being a "garment of praise" for God, as stated in Isaiah 61:3, and reflect on the specific ways in which you can use your talents and abilities to glorify God and bring hope to others.
- Remind yourself that God is a God of comfort, as stated in Isaiah 61:3, and commit to being a source of comfort and support for those around you who are going through difficult times.
- Take a moment to reflect on the beauty of God's love and grace, as stated in Isaiah 61:3, and ask for a deeper understanding and experience of His love for you and for others.



Prayer

Isaiah 61:3

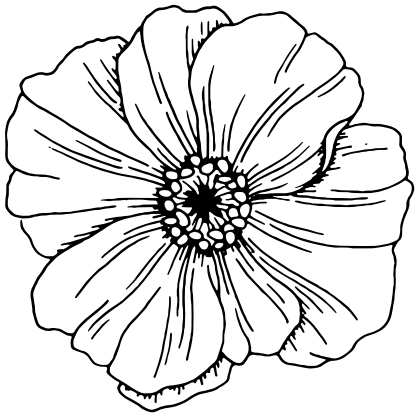
and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

Count your blessings

Acknowledge the blessings in your life, both big and small.

Week 43 - Date: _____

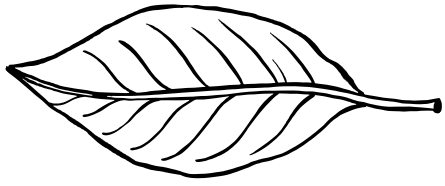
Romans 8:28



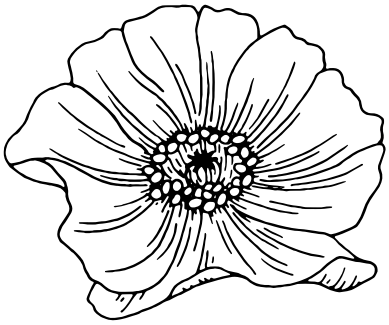
And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Reflection

- Reflect on the message of God's sovereignty and providence in Romans 8:28 and give thanks for the way in which He works everything together for good for those who love Him.
- Consider the idea that everything that happens in our lives ultimately works for our good and for the glory of God, as stated in Romans 8:28, and reflect on how this truth can bring peace and perspective in difficult times.
- Remind yourself that God is in control and that He can be trusted, even in the midst of suffering and uncertainty, as stated in Romans 8:28.
- Take a moment to reflect on the hope that is offered in Romans 8:28, and ask for the strength and grace to trust God in every situation and to see His hand at work in your life.



Prayer



Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Notes

Week 44 - Date: _____

2 Corinthians 4:16-18

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

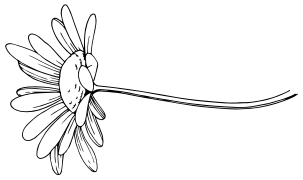
Reflection

- Reflect on the message of perseverance and hope in 2 Corinthians 4:16-18, and give thanks for the way in which God has sustained you through difficult times.
- Consider the idea that our present troubles are momentary and light, as stated in 2 Corinthians 4:17-18, and reflect on how this truth can bring perspective and hope in difficult times.
- Remind yourself that our focus should be on the eternal, as stated in 2 Corinthians 4:18, and commit to keeping your eyes fixed on heaven and the eternal perspective.
- Take a moment to reflect on the promise of the resurrection and the glory that awaits us, as stated in 2 Corinthians 4:16-18. Ask for the grace to persevere in your walk with God and to keep your hope in Him.

Prayer

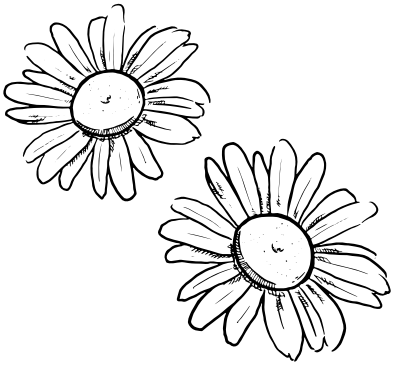
2 Corinthians 4:16-18

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.



Count your blessings

Cherish the blessings and be grateful to God for them.



Week 45 - Date: _____

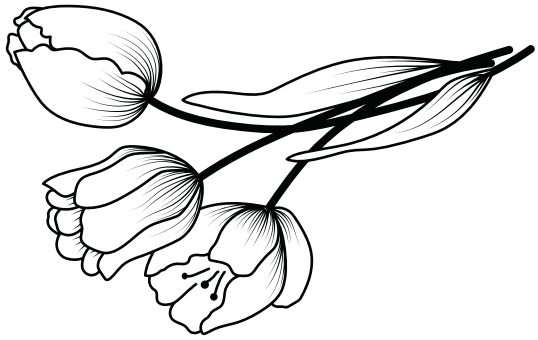
Ephesians 3:20-21

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Reflection

- Reflect on the message of God's boundless power and love in Ephesians 3:20-21, and give thanks for the way in which He has worked in your life and the lives of others.
- Consider the idea that God is able to do immeasurably more than we can ask or imagine, as stated in Ephesians 3:20, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that God's love is not limited by our understanding or ability, as stated in Ephesians 3:19, and commit to trusting in His love and power in all circumstances.
- Take a moment to reflect on the glory of God and the way in which His love and power is at work in the world, as stated in Ephesians 3:21. Ask for a deeper understanding and experience of His love for you and for all people.

Prayer



Ephesians 3:20-21

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Notes

Week 46 - Date:_____

Colossians 3:2-3

Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Reflection

- Reflect on the message of setting your mind on things above, as stated in Colossians 3:2, and give thanks for the way in which God has given you the ability to focus on Him.
- Consider the idea that we have died to our old self and have risen to new life in Christ, as stated in Colossians 3:3, and reflect on how this truth can bring hope and perspective in difficult times.
- Remind yourself that as a Christian, you have a new identity and that your focus should be on things above, not on the things of the earth, as stated in Colossians 3:2.
- Take a moment to reflect on the importance of setting your mind on things above and how it can change your attitudes and actions. Ask for the strength and grace to keep your mind fixed on Jesus and to live a life worthy of Him.

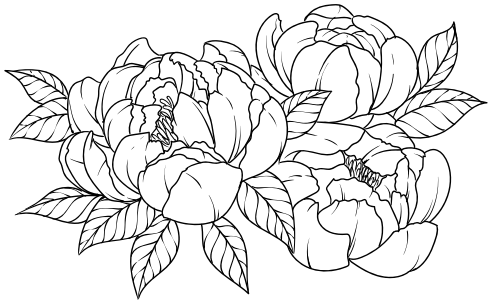
Prayer

Colossians 3:2-3

Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Count your blessings

Take note of God's provision in your life.



Week 47 - Date: _____

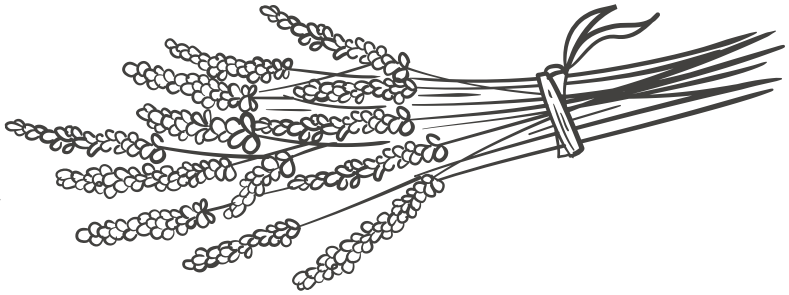
Hebrews 4:15-16

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Reflection

- Reflect on the message of the empathy and understanding of Jesus in Hebrews 4:15-16, and give thanks for the way in which He understands and sympathizes with your struggles and weaknesses.
- Consider the idea that Jesus is not an unapproachable judge, but a high priest who can be approached with confidence, as stated in Hebrews 4:16, and reflect on how this truth can bring peace and comfort in difficult times.
- Remind yourself that Jesus has been through every temptation and struggle that we face, as stated in Hebrews 4:15, and commit to relying on Him for strength and guidance in your own struggles.
- Take a moment to reflect on the importance of having a personal relationship with Jesus and the comfort and guidance He can provide. Ask for the grace to approach Him with confidence and to trust in His understanding and empathy.

Prayer

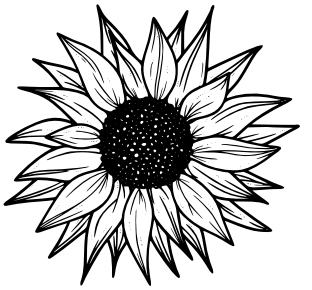


Hebrews 4:15-16

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Notes

Week 48 - Date: _____



Hebrews 13:5-6

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?

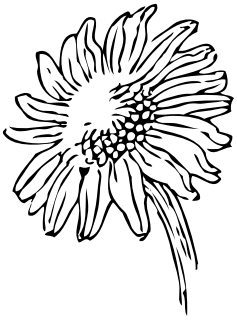
Reflection

- Consider the idea that God's love and faithfulness never changes, as stated in Hebrews 13:5-6, and reflect on how this truth can bring peace and perspective in difficult times.
- Remind yourself that God's love and faithfulness is the foundation of our salvation and our relationship with Him, as stated in Hebrews 13:5-6, and commit to trusting in His love and faithfulness in all circumstances.
- Take a moment to reflect on the importance of having a constant relationship with God, and to trust in His love and faithfulness. Ask for the grace to keep your focus on Him and to follow His leading in your life.

Prayer

Hebrews 13:5-6

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?



Count your blessings

Give thanks for all the gifts God has given you.

Week 49 - Date: _____

James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Reflection

- Reflect on the message of the value of trials and testing in James 1:2-4, and give thanks for the way in which God uses them to strengthen and refine your faith.
- Consider the idea that trials and testing are opportunities for growth and maturing, as stated in James 1:2-4, and reflect on how this truth can bring perspective and hope in difficult times.
- Remind yourself that God uses trials and testing to produce endurance, as stated in James 1:3, and to develop a mature and complete faith, as stated in James 1:4. Commit to seeing your trials and testing as opportunities for growth and not just as difficulties to be endured.

Prayer

James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Notes

Week 50 - Date: _____

1 Peter 5:7

Cast all your anxiety on him
because he cares for you.

Reflection

- Reflect on the message of casting your anxieties on God in 1 Peter 5:7, and give thanks for the way in which He cares for you and is able to bear your burden.
- Consider the idea that when we cast our anxieties on God, He will sustain us and help us, as stated in 1 Peter 5:7, and reflect on how this truth can bring peace and perspective in difficult times.
- Remind yourself that God is sovereign and in control, as stated in 1 Peter 5:7, and that He is more than able to handle our anxieties and worries. Commit to giving your anxieties to God instead of carrying them on your own.
- Take a moment to reflect on the importance of trusting in God and to rely on Him in all circumstances, and to cast your anxieties on Him. Ask for the grace to develop a deeper trust in God and to lean on Him in times of need.

Prayer

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

Count your blessings

Take inventory of the ways God has been faithful to you.

Week 51 - Date: _____

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Reflection

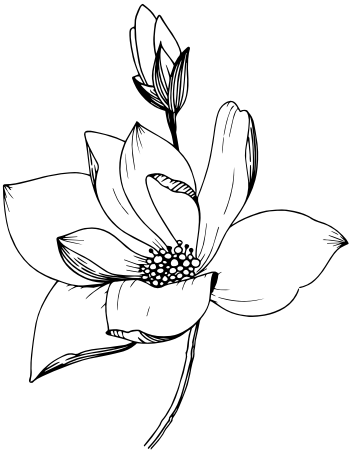
- Reflect on the message of 1 Philippians 4:6-7 which reminds us to be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let our requests be made known to God.
- Reflect on how this verse applies to your own life and the specific worries or anxieties you may be facing. Take a deep breath and focus on the present moment.
- Take time to pray and talk to God about your worries and anxieties, with an attitude of thanksgiving for his presence in your life.
- Reflect on the idea that we can cast all our anxiety on God because he cares for us, let this be a source of comfort and reassurance in times of uncertainty and stress.

Prayer

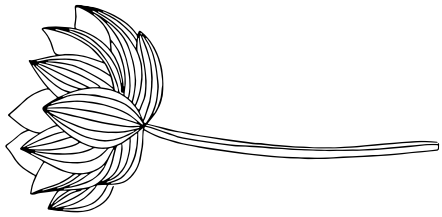
Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Notes



Week 52 - Date: _____



Jude 1:24-25

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

Reflection

- Reflect on the message of Jude 1:24-25 which reminds us that God is able to keep us from stumbling and to present us before his glory with great joy.
- Reflect on how this verse applies to your own life and the specific struggles or temptations you may be facing. Take a deep breath and focus on the present moment.
- Take time to pray and rely on God's power and strength to overcome the struggles and temptations in your life.
- Reflect on the idea that God is able to keep us from stumbling and present us before his glory, let this be a source of comfort and reassurance in times of uncertainty and difficulties. Allow this verse to remind you of the hope and the future that God has for you.

Prayer

Jude 1:24-25

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

Count your blessings

Recognize and appreciate the grace in your life.